



Apple Carrot Cupcakes



Vegetarian



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 260 g flour all-purpose
- ☐ 250 g sugar
- ☐ 2 teaspoons baking soda
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon salt

- ☐ 236 ml vegetable oil light (olive oil or canola oil)
- ☐ 4 large eggs lightly beaten
- ☐ 1.5 cups coarsely carrots packed grated (3 medium)
- ☐ 1.5 cups coarsely tart apples such as granny smith (2 medium) packed grated
- ☐ 125 g pecans coarsely chopped (or walnuts)
- ☐ 15 g coconut or shredded sweetened
- ☐ 225 g cream cheese at room temperature
- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 260 g powdered sugar sifted

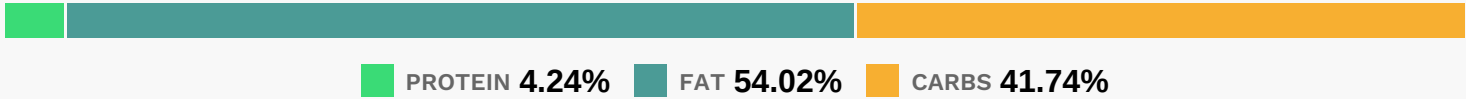
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Prep the oven: Preheat oven to 350°F and place the rack in the center of the oven.
- ☐ Make the batter: In a large bowl, whisk together the flour, granulated sugar, baking soda, baking powder, cinnamon, nutmeg, cloves, and salt.
- ☐ Stir in oil and eggs. Stir in carrots, apples, pecans, and coconut.
- ☐ Place paper liners in muffin tins. Spoon the batter into the paper cups, three quarters of the way to the top.
- ☐ Bake at 350°F for 20 to 25 minutes (testing after 20 min), or until a tester inserted in the middle comes out clean.
- ☐ Let cool completely before frosting.
- ☐ Make the frosting: Beat the cream cheese, butter, and vanilla until smooth and fluffy, about 3 minutes. Gradually add powdered sugar and mix until combined.
- ☐ Once the cupcakes are cool, apply frosting.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:14.02, Inflammation Score:-7, Nutrition Score:6.5539130076118%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 310.02kcal (15.5%), Fat: 19.04g (29.3%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 31.8g (11.56%), Sugar: 23.1g (25.67%), Cholesterol: 45.49mg (15.16%), Sodium: 191.46mg (8.32%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.36g (6.73%), Vitamin A: 1573.24IU (31.46%), Manganese: 0.37mg (18.57%), Vitamin E: 1.67mg (11.12%), Selenium: 7.5µg (10.72%), Vitamin B1: 0.13mg (8.8%), Vitamin B2: 0.13mg (7.75%), Vitamin K: 7.29µg (6.94%), Folate: 27.63µg (6.91%), Phosphorus: 63.17mg (6.32%), Fiber: 1.31g (5.23%), Iron: 0.94mg (5.21%), Copper: 0.1mg (4.81%), Vitamin B3: 0.81mg (4.04%), Calcium: 39.18mg (3.92%), Zinc: 0.51mg (3.38%), Magnesium: 12.47mg (3.12%), Vitamin B5: 0.31mg (3.08%), Potassium: 94.98mg (2.71%), Vitamin B6: 0.05mg (2.57%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.2µg (1.34%), Vitamin C: 0.9mg (1.09%)